

ABSTRACT OF THE DISCLOSURE

A support for use in supporting the arm of a user such as a bowhunter or a hunter using a firearm. The support comprises a cradle that receives  
5 the forearm of the user, a support that depends from the cradle, and a telescoping support that has an adjustable length. The telescoping support has opposite ends so that at one end is a brace and the depending support is pivotally connected to the other  
10 end of the telescoping support.